

# Comparison of Selected Psychological Variables Among Different Categories of Sports Person

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**ABSTRACT:** Background: Psychological factors can strongly affect the athletes' performance. Therefore, currently the role of the sports psychologist is particularly relevant, being in charge of training the athlete's psychological factors. Aim: The aim of the study was to determine the comparative analysis of selected psychological Components of three categories of sports, category as contact (Boxing), Semi Contact (Basket Ball) and non-contact (Yoga). Methodology: To obtain data 70 state level male players were selected, 30 from semi contact sports (Basketball, n=30), 20 from contact sports (Boxing, n=20) and 20 from non-contact sports (Yoga, n=20). The Psychological component (Self Esteem) to measure by "Self Esteem Scale (SSE-DSDU)" by Dr. Santosh Dhar and Dr. Upinder Dhar, was consider as variable for the present study. Statistical Analysis: The data were collected by standard tools and techniques. Selected Psychological components of three categories sports players, in the first phase of statistical analysis, descriptive analysis was used and employed the next phase one way ANOVA technique was used to compare the means of different levels of participations followed by LSD wherever applicable. All statistical function MS Excel, 2010 software was used. The level of significant to determine the significant difference was set at 0.05 levels. Results: The results of the study related to variables of psychological variables were concerned it was found that except positivity and learning orientation, there were significant difference in the variables of self-worth ( $3.65 > 3.13$ ) among all three categories of sports. Conclusion: The result of the present study shows that among various psychological variables self-esteem factor Self-worth is better position in semi contact sports players than contact sports and non-contact sports players.

**KEY WORDS:** Self Esteem, Contact, Semi contact, non-contact sports.

## INTRODUCTION

Nowadays, sports psychology focuses on enhancing players' cognitive capacities in order to maximize efficiency by analyzing various psychological factors and cognitive processes that impact their performance. Increased game tempo, a more difficult body game, and more variation in technique and tactics are the emerging trends in international sports. Theoretically, improving the utilization of all significant elements—technical coordination, tactics, physical fitness, and psychological traits of the athlete—is the only way to raise performance levels. Perception, management and use of emotions in the context of sports strongly influence performance, but the study of emotional factors related to sport is still scarce (Weinberg et al., 2017). According to recent research in this field, it is necessary to work on emotional aspects as much as on the other cognitive, physical, technical and tactical factor (Dave et al., 2017) The athlete's emotional state exerts a great deal of influence on the performance and development of the activity (Balk et al., 2017; Arribas-Galarraga et al., 2017; Arribas-Galarraga et al., 2017; Saies e al., 2014).

Sports are categorized in different categories i.e. semi-contact and non-contact sports. Semi-contact sports are those sports in which physical contact occurs sometimes as per the demands of a situation. For Example: Football. Contact games includes both collision and contact sports. In collision sports, the person purposely hits or collides with other people or objects with great force. Examples: boxing, ice hockey, football, lacrosse. In contact sports, the person is constantly making contact with other people or objects, but with less force than in collision sports. Examples: basketball, soccer. Non-contact games are sports where participants should have no possible means of impact, where players have lanes or take turns of play, such as sprinting, swimming, darts, snooker, gymnastics, tennis, table tennis, chess, badminton etc. The mechanisms are relatively unexplored but some empirical evidence suggests that personality affects health-related behavior, psychological responses and social relationships (Kern, 2010).

Sports psychology is that branch of psychology which is intimately connect with human behavior on the play field, both under practice and competitive situations. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors (Weinberg & Gould, 2014). Sports psychology is essentially the study of how the mind affects physical activity and athletic performance. According to the American Psychological Association, "sports psychology addresses the interactions between psychology and sport performance, including the psychological aspects of optimal athletic performance, the psychological care and well-being of athletes, coaches, and sport organizations, and the connection between physical and psychological functioning (APA, 2012)."

## MATERIALS AND METHODS

### Participants

The subject for this study were selected from different state level player in west Bengal in various games and sports i.e. (contact, semi contact and non-contact sports). A total of 70 subject were selected. In contact sports 20 subject were selected from Boxing. In semi contact sports 30 from Basketball. In non-contact sports 20 from Yoga. The age of subjects ranges from 21 to 25 years.

### Selection of variables

The following Factors of Self Esteem selected for the study.

1. Positivity
2. Self-Worth
3. Learning Orientation

### Criterion Measures

The criterion measure in this study was assessed of questionnaire “Self Esteem Scale (SSE- DSDU)” by Dr. Santosh Dhar and Dr. Upinder Dhar (2015). In English version for measurement of self-esteem tendency.

### Design of the study

While leading this study purposive sampling method was adopted in selection of the subjects.

### Statistical Analysis

To compare the selected psychological components of three categories sport players, in the first phase of statistical analysis, descriptive analysis was used and employed the next phase one way ANOVA (analysis of variance) technique was used to compare the means of different levels of participations followed by Scheffe’s Test wherever applicable. All statistical function MS office Excel, 2021 software was used. The level of significant to determine the significant difference was set at 0.05 levels.

## RESULTS

**TABLE- 1**  
**Analysis of variance (ANOVA) of the variable Self Esteem**  
**Among different Categories of sports**

Variables	Source of Variation	Sum of Squares	DF	Mean Square	F
Self-Esteem “Positivity”	Treatment	24.77	2	12.39	1.66
	Error	498.71	67	7.44	
Self Esteem “Self-Worth”	Treatment	37.38	2	18.69	3.65*
	Error	343.4	67	5.13	
Self Esteem “Learning Orientation”	Treatment	0.421	2	0.21	0.23
	Error	61.42	67	0.920	

An examination of above cited table there is significant difference existed among Basketball, Boxing and Yoga Players in the variable of Self Esteem “Self-Worth”.

Since the one-way analysis of variance was found significant in relation to Self Esteem “Self-Worth” the Scheffe’s post hoc test was applied to find out which of the differences of the means amongst the different sportsmen belonging to contact, semi contact and non-contact sports were statistically significant and it is presented in table 2.

**TABLE- 2**  
**Compare the Means Among different Categories of sports**

Means			Mean Difference	Critical Difference
Contact sports	Semi contact sports	Non-contact sports		
10.85	12.56		1.71*	1.6
10.85		12.72	1.87*	1.8
	12.56	12.72	0.16	1.6

It is evident from table 2 that significant difference existed between the mean of Contact sports and Semi contact sports, Semi contact sports and non-contact sports. On the other hand, insignificant difference was found between Contact and Non-contact sports.

## DISCUSSION

The result of the study revealed that in Self-Esteem “Positivity” and “Learning Orientation” no significant difference was found among sportsmen of contact, semi-contact and non-contact sports. Results also showed that significant difference was found among the sportsmen of semi-contact and non-contact sports in Self Esteem “Self-Worth. This might be because of the different

types of demands in Self Esteem “Self-Worth in different types of sports. It is evident that athletes who perceive a strong implication towards task climate encouraged by coaches, also perceive a low implication towards ego climate (Jaakkola et al., 2016; Lochbaum et al., 2016; Schneider et al., 2017; Ring and Kavussanu., 2018). This is due to the fact that coaches train their athletes through a predominant orientation, either task orientation, rewarding effort and personal self-improvement, or ego orientation, encouraging rivalry between members of the same group and sheer demonstration of abilities (Gano-Overway., 2017). In team sports, this negative relationship shows greater strength because athletes in individual sports get higher values in ego orientation and lower scores in task orientation than athletes. This can be explained by the greater group cohesion in team sports which encourage cooperation between members of the group, while outperforming others and demonstrating abilities that are more highly valued in individual sports (Arslanoglu 2016; Amaro et al., 2017; Studenka et al., 2017).

As each sports put different types of demand on the control and regulation process. Hence, the significant difference found in differentiation ability among players belonging to semi-contact and noncontact sports. It is known that people with a strong, balanced nervous system tolerate situational psychological difficulties much easier and adapt more quickly to changing conditions (Segerstrom, Smith, 2019; Santarnecchi, Sprugnoli, Tatti, Mencarelli, Neri, Momi, 2018). However, experts believe that the strength of the nervous system is an innate property of a person that is very conservative and difficult to correct (Santarnecchi, Sprugnoli, Tatti, Mencarelli, Neri, Momi, 2018; Tukaev, Dolgova, 2020). The results of our research actually confirmed this. The novelty of our approach lies in the fact that we looked at the problem from a slightly different point of view. If it is impossible to rebuild the fundamental properties of the personality, then external conditions should be created that make a weak nervous system function in the parameters characteristic of the strong.

## CONCLUSION

On the basis of findings, the following conclusions are drawn:

- 1) There is no significant difference found among the sportsmen of contact, semi-contact and non-contact sports in relation to Self-Esteem “Positivity” and “Learning Orientation”.
- 2) There is significant difference found among the sportsmen of contact, semi-contact and non-contact sports in relation to Self Esteem “Self-Worth. The sportsmen of semi-contact and non-contact sports are holding the better position in compare to contact sports.

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